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ABSTRACT OF THE DISCLOSURE

A resonant element including: a vibrating body vibratable in orthogonal X- and Z-directions; exciting means for causing the vibrating body to be subjected to an excitation vibration in the X-direction; excitation deflection detecting means for detecting the deflection of the vibrating body in the Z-direction during the excitation vibration thereof in the X-direction; and excitation deflection inhibiting means for inhibiting the deflection of the vibrating body in the Z-direction.